



# 1. SPORTident Winter-Stundenlaufserie mit Musik (2. Lauf)

Arnstadt / 21.02.2024

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## Hong Nhung Vu

00: SPORTident

00: 89

00: 0.35 km/00

Halbstundenlauf

0000:

Seniorinnen W30 (30-34) H

000: 27:10

00: 4.42 km/h

0000: 11:05 min/km

0: 7 (2.45 km)

00000/0: 13 (of 14)

00000: 1(of 1)

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	0.35	2:49	8:02	1	-	14	1:29	0.35	2:49	8:02	1	-	14	1:29
00 2	0.35	3:22	9:37	1	-	14	1:56	0.70	6:11	8:50	1	-	14	3:25
00 3	0.35	3:48	10:51	1	-	14	2:18	1.05	9:59	9:30	1	-	14	5:43
00 4	0.35	4:21	12:25	1	-	13	2:53	1.40	14:20	10:14	1	-	13	8:36
00 5	0.35	4:15	12:08	1	-	13	2:44	1.75	18:35	10:37	1	-	13	11:20
00 6	0.35	4:04	11:37	1	-	13	2:33	2.10	22:39	10:47	1	-	13	13:53
00 7	0.35	4:31	12:54	1	-	13	2:58	2.45	27:10	11:05	1	-	13	16:51